

*Fish and Shellfish Derived
Ingredients*

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Agar
Alginic Acid
Ammonium Alginate
Anchovies
Calcium Alginate
Disodium Lonsinate
Potassium Alginate
Propylene Glycol Alginate
Sodium Alginate

Beware of Asian sauces, Caesar salad dressing, omega-3 fatty acids, fried foods which are often cooked in the same oil as fish, steak or worcestershire sauce, imitation crab.